

When There's an Emergency or Natural Disaster

Centers for Disease Control and Prevention.

Take Charge of Your Diabetes. 4th edition. Atlanta:

U.S. Department of Health and Human Services, 2007.

Everyone with diabetes should be prepared for emergencies and natural disasters, such as power outages or hurricanes. Always have your disaster kit ready. Include everything you need to take care of your diabetes, such as

- a blood glucose meter, lancets, and testing strips
- your diabetes medicines
- a list of your prescription numbers
- if you take insulin—some insulin, syringes, and an insulated bag to keep insulin cool
- if you take insulin or if recommended by your doctor—a glucagon kit
- glucose tablets and other foods or drinks to treat low blood glucose
- antibiotic cream or ointment
- a copy of your medical information, including a list of your conditions, medicines, and recent lab test results
- phone numbers for the American Red Cross and other disaster relief organizations

You also might want to include some nonperishable food, such as canned or dried food, along with bottled water.

Check and update your kit at least twice a year.